

# A RETROSPECTIVE AND PROSPECTIVE STUDY ON MOOREN'S ULCER

## ABSTRACT

Mooren's ulcer is a rare degenerative superficial ulcer which occurs at corneal margin and its etiology is unknown. It is an idiopathic, painful relentlessly progressive, chronic ulcerative keratitis begins peripherally and progresses circumferentially and centrally. It is not associated with scleritis or systemic involvement. The etiology is mainly thought to be autoimmune hence immunosuppressants form the main stay of treatment. In this study 30 patients were included, with either unilateral or bilateral disease and the natural history and distribution is observed. All patients included in the study were started on a step ladder approach of immunosuppressants depending on the response to treatment. Topical steroids, conjunctival resection, oral steroids, topical cyclosporine and methotrexate were started in this order and the patients were observed for 4 months. Any perforation was immediately intervened with therapeutic keratoplasty. All young patients had unilateral disease and had mostly mild and moderate stages of ulcer and a majority went into healing stage. The older population showed both unilateral and bilateral disease and had mild, moderate and severe form. The severe form in older people went into stationary or progressive stage and only a few healed. Hence severe, bilateral, older age group distribution needs higher level of immunosuppression like

methotrexate. **Keywords** :Mooren's ulcer, cyclosporine, methotrexate, therapeutic keratoplasty.